



# Girls need Girls on the Run now more than ever



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Bring Girls on the Run to your school, neighborhood or community!



# WHAT SETS GIRLS ON THE RUN APART

**IT'S FUN. IT'S EFFECTIVE. IT'S EMPOWERING.**

Our intentional curriculum can be facilitated **in-person** in Fall 2022!

Girls on the Run is the only national physical activity-based positive youth development program for girls with compelling evidence of program impact. An independent, national longitudinal study provided the following evidence-based outcomes:

- 97% of Girls on the Run participants said they learned critical skills to manage emotions, resolve conflict, help others or make intentional decisions
- Girls who were the least active at the start of the program increased their physical activity by more than 40%
- Girls on the Run made a stronger impact on teaching social-emotional life skills to participants than organized sports or physical education

## **INNOVATIVE AND DISTINCT EVIDENCE-BASED APPROACH**

Girls on the Run was recognized in Harvard University's 2017 report, **Navigating SEL from the Inside Out**, for its innovative and distinct approach to social-emotional learning. Girls on the Run was **one of only three afterschool programs** recognized as a top research-based social-emotional learning program, acknowledging that there are few examples of evidence-based programs like Girls on the Run that have been specifically designed for out-of-school contexts.



# Our Curriculum

The intentional curriculum shows an evidence-based impact on developing competence, confidence, connection, character, caring, and contribution in young girls. Twice per week, trained coaches lead small teams of elementary and middle school girls through life skills lessons that incorporate running and other physical activities.

## Physical Activity

- Physical activity - including running and strength & conditioning - is woven into Girls on the Run and Heart & Sole lessons.
- At the end of the program all girls complete a noncompetitive, celebratory 5K event that offers girls a tangible sense of goal-setting and achievement.
- The program is accessible to all girls regardless of fitness level or physical ability.

## Community Service

- Girls on the Run inspires girls to build lives of purpose and to make meaningful contributions to community and society.
- Girls on the Run participants complete a team Community Impact Project that they plan and execute.
- Heart & Sole participants complete an individual project called Extending the Girl Wheel, where they reach out in small, meaningful ways to an individual or group in their community.



## GIRLS ON THE RUN

Elementary Program for 3<sup>rd</sup> – 5<sup>th</sup> grade girls

Supports girls in gaining a better understanding of who they are, understanding the importance of team work and healthy relationships, and recognizing how they can positively connect with and shape their communities and the world.

Curriculum themes include: turning negative self-talk into positive self-talk, understanding emotions, standing up for self and others, making and maintaining healthy relationships, and making an impact on the community.

### Team Sizes:

- 15 girls led by two or more coaches
- Meets 2 times/week for 75-90 minutes each
- We recommend two to four trained coaches.
- Two coaches must be at every practice.



## HEART & SOLE

Middle School Program for 6<sup>th</sup> – 8<sup>th</sup> grade girls

Addresses the whole girl – body, brain, heart, spirit, and social connection – and supports girls in building critical life skills such as team building, developing a support system, boundary setting, decision making, positively impacting others, and asking for and providing help.

Curriculum themes include: getting to know and understand your “Girl Wheel”, goal-setting, overcoming obstacles, asking for and giving help, and positively impacting others.

### Team Sizes:

- 15 girls led by two or more coaches
- Meets once a week for a 2-hour lesson
- We recommend two to four trained coaches.
- Two coaches must be at every practice.



# HOSTING THE PROGRAM AT YOUR SITE

## To host a team, sites must:

- Offer a **safe outdoor place** for running (such as a track, soccer field, backyard or any other accessible open space)
- Provide a **designated accessible indoor space** for Girls on the Run to meet in case of inclement weather (such as a gym, cafeteria, multi-purpose room/classroom or a covered outdoor pavilion) and **accessible bathrooms**
- Accommodate a **regular practice schedule** 2 times a week for 75-90 minutes for , GOTR; 1 time a week for 120 minutes for Heart & Sole
- Identify a **site liaison** and have two (or more) coaches attend **Coach Training**

## Site Liaison Responsibilities

- Acts as the main contact at the site for Girls on the Run families/participants and Girls on the Run council staff before and throughout the program
- Aids in girl recruitment efforts by distributing marketing materials (provided by Girls on the Run). These include emails, flyers, and digital resources.
- Offers support to families who need assistance in registering their girl
- Helps identify 2-3 coaches from your site and/or community\*

\*If you cannot secure coaches, we will work with you to identify coaches from our volunteer pool.

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*The pandemic tried to keep us from being successful but GOTR did such a great job with assisting the coaches and helping the girls stick with their goals through technology! Great job! See you next year! – **Shayla, Spring 2020 Site Liaison***

# HOW IT WORKS



## Site Interest

- Identify a Site Liaison
- Identify a team meeting area and indoor/outdoor running space
- **Complete a Site Application by August 26, 2022**
- Recruit 2 (preferably 4) volunteer coaches

## Recruitment & Registration

- Marketing materials provided
- Online registration handled through [www.gotrgreaterhouston.org](http://www.gotrgreaterhouston.org)
- Recruit 8 -15 girls
- **New Coaches attend our Coach Training (qualifies for CEU credits)**

## The Program

- **Fall 2022 season begins the week of September 5th.**
- Curriculum, lesson materials, and coach training is provided
- Teams meet for 10 weeks
- Practices are led by volunteer coaches

## Celebratory GOTR 5K

- The curriculum culminates with a non-competitive 5K on November 19th
- Every girl runs, walks, hops, or skips across the finish line

Questions? Email [heather@gotrgreaterhouston.org](mailto:heather@gotrgreaterhouston.org)

[www.gotrgreaterhouston.org/start-site](http://www.gotrgreaterhouston.org/start-site)

# GIRLS ON THE RUN: COACHES

Girls on the Run and Heart & Sole teams are led by volunteer coaches. We train coaches through our Coach Training\* to build relationships, create positive inclusive environments and to focus on girls' efforts and growth.



## Coaches:

- Believe in the inherent power within every girl
- Have a desire to help girls learn, grow and have fun
- Want to leave a lasting impact on the lives of girls in their community
- Can be from within or beyond your site community
- Receive training and ongoing support from Girls on the Run
- Do not have to be runners or athletes

## Coach Responsibilities:

- ✓ Serves as a role model to girls
- ✓ Attends in-person Coach Training\* and completes online coach training as assigned
- ✓ Works with co-coaches to lead girls through the curriculum as intended
- ✓ Is present and prepared for each practice
- ✓ Participates in the Girls on the Run celebratory 5K event

*\*The Coach Training date is selected when coaches submit their New Coach Application. Dates are available July 30, August 6, and August 27 8:30a-1p.*

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*"The character development piece has been a really surprisingly powerful outcome of the Girls on the Run program. My daughter has learned that she can do hard things. She has become more aware of others and how they feel, and she has gained self-confidence."*

**-Tiffany, Parent**





# Girls on the Run Keeps Going



*Girls on the Run is an awesome way to get to know other girls at my school; this season, I learned that although we are not physically together, we are in each other's heart and we have to believe that we can get through anything.*  
~ Leah, age 9

*My experience with GOTR was great! The girls were very encouraging and I felt amazing learning with them. The coaches cared about the GOTR team. I was proud and happy when I finished the 5k virtually with my mom.*

~Isabella, age 10



*I joined the program because I like running and competing in challenges. I learned that we should try hard and never give up!*

~Ola, age 12

# Measuring the Value of Girls on the Run

Girls on the Run is so much more than a running program.

Girls grow joyful, healthy, and confident through an interactive curriculum that creatively integrates running. Girls are prepared to face and handle tough situations that come their way as they navigate adolescence. There is no other program like Girls on the Run!



## What does the registration fee include?

- Twenty lessons led by trained Girls on the Run coaches who have completed a background check and CPR/First Aid Training
- An official GOTR t-shirt, journal, and running shoes will be provided if needed
- All program materials, including training of coaches
- Registration for the GOTR 5K Celebration Event for participant
- A 5K Finisher Medal
- Commercial liability insurance and other operational costs



## Girls on the Run is for every girl

Since our inception, we have never turned a girl away based on her inability to pay the registration fee. Nearly **68%** of all GOTR participants receive **full or partial scholarships** to participate in our program due to generosity of numerous donations.

## Girls on the Run Greater Houston Price Breakdown by Annual Household Income

Household Income	GOTR Fee
\$0-45,000	\$40
\$45,001-60,000	\$75
\$60,001-80,000	\$120
\$80,001 and up	\$165



# BRING GIRLS ON THE RUN TO YOUR SCHOOL



## Who we are

Girls on the Run Greater Houston is the local council of Girls on the Run International. We cover Harris, Fort Bend, and Montgomery Counties and have served over 15,000 girls since we hit the ground running in 2001.

## What we do

Using an intentional curriculum that integrates physical activity, trained coaches teach girls critical life skills and strategies they can apply to all aspects of their lives.

## Why it Matters

- Girls' self-confidence begins to drop by age 9
- 50% of girls age 10 to 13 experience bullying such as name calling and exclusion
- Physical activity levels decline at age 10 and continue to decrease throughout adolescence



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*At Girls on the Run I learned to be a better GOTR girl, to be respectful, to pace myself, to be a better friend, to handle my emotions better, to never give up, and the most important thing I learned is I'm unique in my own silly way."*

*- Alex, 4th Grade*



## Our results\*

**85%**

IMPROVED IN  
CONFIDENCE  
COMPETENCE

**CARING**  
CHARACTER  
OR CONNECTION



## OUR MISSION

We inspire girls to be **joyful, healthy** and **confident** using a fun, experience-based curriculum which creatively integrates running.

## OUR VISION

We envision a world where every girl knows and activates her **limitless potential** and is free to **boldly pursue her dreams**.

## OUR CORE VALUES



Recognize our power and responsibility to be intentional in our decision making



Embrace our differences and find strength in our connectedness



Express joy, optimism and gratitude through our words, thoughts and actions



Lead with an open heart and assume positive intent



Nurture our physical, emotional and spiritual health



Stand up for ourselves and others



**Start a Site in Fall 2022**  
**Apply by August 26th**

[www.gotrgreaterhouston.org/start-site](http://www.gotrgreaterhouston.org/start-site)

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